

Boiled Carrots

Boiled carrots are something that many people don't enjoy. Some people prefer carrots steamed or raw. Like other vegetables, eating them steamed or raw may help retain some vitamins and minerals. Not everyone's teeth can chew raw or steamed carrots. It's not easy to dress up boiled carrots if you don't like them. Carrots in other dishes, such as casseroles, provide an opportunity to eat them as a secondary ingredient. With a little butter, boiled carrots are soft, chewy, and delicious. Add a little salt, or vinegar for different flavors. The sweet carrots recipe is a tasty treat style carrot dish.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of carrots

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice 15 ounces of carrots.
2. Add to a 2 quart sauce pan:
 - 15 ounces of carrots
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.